

OTTAWA JEWISH BULLETIN & REVIEW

"WE ARE ONE"-THEME OF 1975 UNITED JEWISH APPEAL CAMPAIGN

Yariv, Rivlin Here For U.J.A. Campaign

Two of Israel's leading personalities will be coming to Ottawa during the month of April to address major fund-raising functions for the 1975 United Jewish Appeal. Zeev Vered, General Chairman of the Campaign says that he is especially pleased that General Aharon Yariv and Mr. Moshe Rivlin have accepted our invitations to speak.

General Yariv will appear before gatherings on Saturday evening, April 19 and Sunday, April 20. Mr. Rivlin is scheduled to address the Annual Dinner of the Public Service Division on Thursday evening, April 24 at the Jewish Community Centre.

A member of the Knesset since 1973, Aharon Yariv served first as Minister of Transportation and upon formation of the new cabinet, became Minister of Information. He resigned this post on January 29, 1975.

General Yariv has had a distinguished military career including the post of Chief of Military Intelligence of the Israel Defense Forces. Early in October, 1972 he was appointed Special Adviser to the Prime Minister to direct anti-terrorist activities. He returned to the Army at the outbreak of the Yom Kippur War as a Special Adviser to the Chief of Staff.

Subsequently, he conducted the negotiations with the Egyptians on the withdrawal of forces at the Kilometer 101 truce meeting. He is a particularly sought-after, able and informed speaker. As Minister of Information, he developed an international reputation as spokesman for the Jewish State.

Moshe Rivlin is a seventh generation sabra who served in the Haganah and later on the general staff of Israel's Defence Forces. After the War of Independence, he studied at the School of Political Science of the Hebrew University in Jerusalem.

From 1952 to 1958 he served as Israel Consul in New York. That experience prepared him for his work in the Jewish Agency where he worked initially as Director of the Informa-



General Aharon Yariv



Moshe Rivlin

tion Department and Secretary General. He was named Director General in 1966, a post which he has occupied continually since then. Mr. Rivlin is a powerful and articulate speaker.

Maximum Effort Needed to Assure Success of 1975 U.J.A.

The General Chairman of the 1975 United Jewish Appeal and his Associate General Chairman are busy and successful men who believe that a campaign should be run with a minimum of meetings and a maximum of eye-ball to eye-ball solicitations.

True to this philosophy, Zeev Vered and Sol Shabinsky have recruited an able and hard-hitting campaign team which subscribes to these views. Their objective is to raise maximum dollars for Israel and local Jewish community needs with a minimum of fuss and within the time slot set aside for this purpose.

The 1975 United Jewish Appeal gets under way officially directly after Pesach. Campaign activity for all divisions will be packed into a six-week period of intensive solicitations, ending May 31. There is no set dollar objective but campaign leaders point out that the needs are at least equal to the \$3,200,000, raised during 1973. The object will be to translate this figure into individual goals and to have each donor assume his fair share of the total obligation.

Mr. Shabinsky and Mr. Vered have created a pyramid structure in which no one individual or group will be required to carry too much of a load. They will be working directly with a number of special names, trade and professional co-ordinators. These in turn will have their divisional chairmen and volunteer canvassers who will have the responsibility of person-to-person contacts. The process will be facilitated by the fact that everyone in the community will be reached through either a professional or trade category this year.

Simone Goldberg and her Women's Division Campaign Cabinet have the responsibility of covering all the women in the community. They too have de-



Zeev Vered



Sol Shabinsky

veloped a dynamic campaign team which is placing heavy emphasis on education, canvasser training and face-to-face contacts.

The Public Service Division headed by Gerald Berger has organized its coverage on a departmental basis and the thrust of their approach will be a dinner which will bring several hundred public servants together on Thursday evening, April 24.

Mr. Vered is satisfied that the campaign organization is moving

ahead and that the results will be equal to the task which faces the community in this critical year in terms of its obligations to Israel and local Jewish community services.

Details of the various functions and events which are being planned will be announced as arrangements are concluded. In the meantime, Mr. Vered and his associates have called for a maximum effort to assure the success of the 1975 campaign.

FIRST CLASS MAIL

27th Israel Independence Day

Reserve the date
Sunday April 20

Community Wide Observance
Jewish Community Centre 7:30 P.M.



Vaad Report

by
Norman Zagerman,
President, Ottawa Vaad Ha'ir

In the January issue of the Bulletin-Review, I wrote about the way in which we allocate our United Jewish Appeal funds through the Budget and Allocations Committee process. I promised at that time to publish the figures as soon as that process was completed. I want to do this for two main reasons. First, because the Vaad is the Steward of these funds and has a responsibility to the donors to report on their disposition and secondly, as we stand on the threshold of the 1975 Campaign, it is important that everyone in our community understand and appreciate the way in which these funds are used for health, welfare and humanitarian purposes in Israel and to enrich the quality of Jewish life in Ottawa.

The figures which appear below are self-explanatory but if you have any questions, my colleagues and I will be pleased to hear from you. There are, however, two or three points I wish to stress. One is that despite a very good effort, we still raised roughly 30% less than the target figure needed to balance the budget. This means that deficits will have to be financed and carried over into next year. Another point is that our local requirements have grown and must be funded if we are to have a Jewish community in Ottawa in the future. These needs have to be reconciled with our overseas concerns and the resources at our disposal. So far, we have been able to maintain a reasonable balance but I see difficulties ahead unless every family in the community carries its fair share of the over-all responsibility. I shall have more to say on this point as we get closer to this year's Campaign.

The Officers, members and staff of the Vaad join me in wishing you and your families a Happy Pesach.

1974 UNITED JEWISH APPEAL OF OTTAWA

How the U.J.A. and Emergency Fund Dollar was Allocated in 1974-75

PLEDGES	DOLLARS	%
United Jewish Appeal Regular Campaign	\$1,086,318.	47.4
Emergency Campaign for Israel	1,206,365.	52.6
	<u>\$2,292,683.</u>	<u>100.0</u>

ALLOCATIONS

Regular Campaign

United Israel Appeal	\$110,000.	4.8
United Israel Appeal — Special Fund	333,000.	14.5
United Jewish Relief Agencies of Canada — Joint Distribution Committee	55,000.	2.4
Youth Aliyah	12,000.	.5
	<u>510,000.</u>	<u>22.2</u>
Emergency Campaign for Israel	1,200,000.	52.4
Israel and Overseas Sub-Total	<u>1,710,000.</u>	<u>74.6</u>

National Services

Canadian Jewish Museum and Archives	2,000.	.1
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Local Community Services

Ottawa Talmud Torah	245,000.	10.8
Jewish Community Centre	145,000.	6.3
Ottawa Vaad Ha'ir	61,500.	2.7
Ottawa Vaad Hakashruth	5,500.	.2
Camp B'nai B'rith	7,000.	.3
Temple Israel Religious School	12,000.	.5
Ottawa Modern Jewish School	5,500.	.2
B'nai B'rith Hillel Foundation		
Zeehvi Students Group	8,500.	.4
Jewish Students Union		
Judaic Studies Grant — Carleton University	5,000.	.2
Debt Retirement Program	5,000.	.2
	<u>500,000.</u>	<u>21.8</u>

Administrative Costs

Campaign and year-round expenses	63,000.	2.7
Shrinkage Allowance — U.J.A.	6,318.	.3
Shrinkage Allowance — Emergency	6,365.	.3
CJFWF Affiliation Fees	5,000.	.2
	<u>80,683.</u>	<u>3.5</u>
Totals	\$2,292,683.	100.0%

TALMUD TORAH BOARD REACHES OUT TO THE COMMUNITY

Rabbi Yaacov Kaploun, Director of Education for the Ottawa Talmud Torah Board announced this week that plans for enrollment for all the schools of the Talmud Torah Board are well under way. The enrollment committee together with the school administration are making efforts to reach all members of the Ottawa community who are presently not affiliated with the Talmud Torah Board schools.

All parents of prospective first-graders have been invited to meet with Rabbi Kaploun and Mr. John Gorry, the principal of the West End Branch, as a first move in reaching kindergarten children throughout the community.

Members of the Jewish community are invited to visit the schools by arranging an appointment through the school offices. The administrators are willing to discuss the schools



Rabbi Yaacov Kaploun

with interested parents.

Letters have also been sent out to community leaders in Montreal giving details about the schools of the Ottawa Talmud Torah Board, to families who may be moving to Ottawa.

Mrs. Moe (Bess) Greenberg Foundation Established with \$100,000. Gift



Mrs. Moe (Bess) Greenberg

An inspiring example to the women of this community has been set by Mrs. Moe (Bess) Greenberg with a gift of \$100,000. to the Ottawa Jewish Community Endowment and Bequest Foundation. She is the first woman to have established such a Foundation, thus taking her place alongside Michael Freedman and Harold Shenkman, the first and second men to have endowed the Ottawa Jewish community in similar fashion during their own lifetimes.

The fund to be known as "The Mrs. Moe (Bess) Greenberg Foundation" will be administered by the Ottawa Jewish Community Endowment and Bequest Foundation. The capital will be invested in perpetuity and the income used for charitable purposes in accordance with the terms and objects of the charter. The gratitude of the entire Jewish community has been expressed to Mrs. Greenberg by Gilbert Greenberg, President of the Ottawa Jewish Community

Endowment and Bequest Foundation, who announced the gift. He cited Mrs. Greenberg for her generosity, her farsightedness and her concern for the Jewish community in the future. He also expressed the hope that Mrs. Greenberg's enthusiasm will be infectious and that her example will be emulated by others.

In conversation with the editorial staff of the Bulletin-Review, Mrs. Greenberg said that: "I am happy to be a member of the Ottawa Jewish community and feel privileged that I am able to play some small part in supporting those causes which we all hold dear now and in the future".

A member of many organizations in the Jewish and non-Jewish community and a leader in the Women's Division of the United Jewish Appeal since its inception, Mrs. Greenberg is a generous supporter of all humanitarian and social welfare endeavours.

The Passover Adventure

by
RAYMOND EPSTEIN, President
COUNCIL OF JEWISH FEDERATIONS AND WELFARE FUNDS

The Council of Jewish Federations and Welfare Funds is the association of central community organizations—Federations, Welfare Funds, Community Councils—serving 800 Jewish communities in the United States and Canada. It aids these communities to mobilize maximum support for the UJA and other overseas agencies, as well as for major national and local services involving financing, planning and operating health, welfare, cultural, educational, community relations and other programs benefitting all residents. The Jewish Community Council of Ottawa is a member.

The continuing appeal and hold that Passover has for us is a mix of many forces, in the warmth of rich traditions and beautiful ceremonies. But overriding perhaps is its emphasis on an historic experience. At the Seder, an ancient scenario is remembered. And we find ourselves once again right in the heart of it.

The marvel of Passover is the sense that the holiday of the Exodus is no mere re-enactment. Rather it is the story of our own present—this thrust for freedom, this Passover premium on an entire Jewish people.

This season, our ancient Passover experience, marking our start as a Jewish community, is very much to the point. It sets the posture on the urgent roles we have to play at home, overseas and in Israel.

Beyond the tragedies of war, the prospects of a negotiated peace in the Middle East appear slow and painful. They require new levels of understanding and performance. And with it, new levels of commitment to help provide for the massive human needs of Israel in its bitter struggle to survive, as its people take on even greater burdens beyond what has already been the largest per capita income tax and defense burden in the world.

In lands large and small—in the Soviet Union as well as in Syria—our brothers and sisters look to us to help them achieve their liberation. By the hundreds, by the thousands and tens of thousands. To enable them to live as Jews without fear, as free men.

Here at home, where our own economy is beset by the squeeze of inflation and recession, the Jewish Federations and Welfare Funds of the United States and Canada know that they cannot afford to take a step backwards, nor even to stand still. They know that the service priorities for the aged, the infirm and the disadvantaged, for the strengthening of Jewish education and the quality of Jewish life cannot be frozen or cut back.

Today's climate and crises are a testing time for our Jewish people—and for our Federations—a testing time for our very broad mandate and for our major instruments—leadership and service. A time to affirm that we must respond with more deeds for more needs—and new needs. Especially now, with the confidence supported by our Haggadah and by history, in today's uncharted terrain, the Jewish communities of North America, like our people of old, will surely find their way—with leadership, with unflagging help and commitment, to bring freedom, sustenance, and fulfillment to our people.

THIS IS THE MATZAH OF HOPE

That the Jews of the Soviet Union may know that they have not been forgotten and that we are one in brotherhood. The National Conference on Soviet Jewry, an association of 34 national Jewish organizations and hundreds of Jewish community councils and federations in support of the struggle of Soviet Jews to attain freedom and equality, urges that the following statement be read at the Seder of every American Jewish household.

The leader of the service takes up the matzah sets it aside, and says:

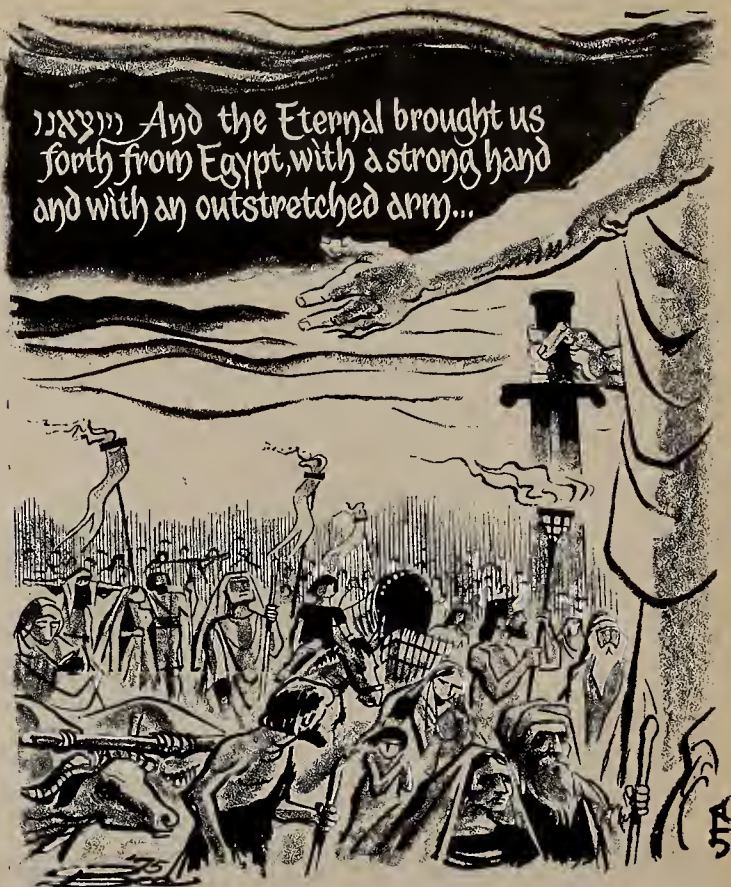
THIS IS THE "MATZAH OF HOPE"

This Matzah, which we set aside as a symbol of hope for the Jews of the Soviet Union, reminds us of the indestructible links that exist between us. As we observe this festival of

freedom, we know that Soviet Jews are not free to leave without harassment; to learn of their past; to pass on their religious traditions; to learn the languages of their fathers; to train the teachers and the rabbis of future generations.

We remember with bitterness the scores of Jewish prisoners of conscience who sought to live as Jews and struggled to leave for Israel—the land of our fathers—but now languish in bondage in Soviet labor camps. Their struggle against their oppressors is part of an ongoing effort, and they shall know that they have not been forgotten.

As Soviet Jews assert themselves they are joined by all who are aroused by their affliction. We will continue until they emerge into the light of freedom.



1975 U.J.A. Mission Group at the Wall in Jerusalem

This photograph of the members of the Fifth Annual Ottawa U.J.A. Mission group was taken on a pilgrimage to the Kotel Hamearavi as the first stop on their arrival in Jerusalem. The group spent an exciting two weeks from February 24 to March 10 touring the entire country, visiting military installations, kibbutzim and other places in the news, meeting some of Israel's leading personalities and talking with the man on the street on a person-to-person basis. One of the highlights of the trip was the cornerstone-laying ceremony at Ma'alot where the Ottawa Jewish community is building a two-room pre-kindergarten from the proceeds of the Annual Walkathon. A co-operative diary was kept which recorded the sights and sounds of the memorable experience. There were twenty-four participants this year and their faces should be easily recognizable. Preliminary plans for the 1976 Mission have already been made and space reserved. The group will leave on February 23 and return on March 8. Anyone interested is asked to contact Hy Hochberg at 232-7306.

Community Sefira Policy

Thirty-three days between Pesach and Shavuoth are considered days of semi-mourning when no weddings, dancing or merrymaking take place. The specific thirty-three days, however, were always established by local custom. North American Jewry, being composed of Jews emanating from countries throughout the world, knows a variety of specific customs, and has therefore usually adopted a pattern of observing all 49 days of sefira as a period of semi-mourning. To remedy this situation, the Rabbinical Board of Ottawa has established the first thirty-three days from "Pesach to Lag B'Omer" as the period of semi-mourning, and no weddings will be scheduled during this time. The practical result is that under this new policy, wed-

dings and community celebrations can now be scheduled between Lag B'Omer and Shavuoth.

The Rabbinical Board of Ottawa is composed of all the local congregational rabbis, Reform, Conservative and Orthodox (Rabbis Bulka, Eckstein, Gerber, Pritzker and Tanenbaum), and has been formed to deal with rabbinic matters of community interest. Rabbi Roy Tanenbaum, acting chairman 5735, reported that the Rabbinical Board of Ottawa is currently considering community matters in the area of chaplaincy service to public institutions; religious policies affecting chapel and cemetery; an Ottawa *eruv*; and an important project involving local divorce lawyers.

Carmel Wines are Kosher for Passover

This is a cable sent by Rabbi Goren in Jerusalem to Rabbi Scheinfeld, President of Rabbinical Council of America: "In reply to your question regarding Kashruth of the wines for Passach, after thorough investigation and interrogation which I personally together with the members of the Rabbinical Council of Israel conducted in the wineries of Carmel in Richon Le Zion, we came to the conclusion that all wines, spirits and brandies, etc. produced by Carmel are Kosher Le Passeech without any shadow of a doubt or hesitation and it is a Mitzva to perform with them the 4 Kosot Mitzva. A Kosher and Happy Holiday.

Signed Rabbi S. Goren, Chief Rabbi of Israel.

Special CBC Broadcasts on Israel and Holocaust

The CBC announced that the T.V. program, "Next Year in Jerusalem", specially produced for the CBC last year, will again be presented this year and will be on the air Easter Sunday March 30th, 2:30 P.M.

The CBC will also have a special broadcast entitled "30 Years After", dealing with the

Holocaust and Israel. Included will be a recent interview with the father of Anne Frank and three original musical compositions commissioned by the Canadian Jewish Congress, Central Region. The program will be broadcast twice: March 25th and March 27th, on both days at 8:03 P.M. Eastern Standard Time.

Louis Greenberg Memorial Fund Established

The Board of Directors of the Ottawa Jewish Community Endowment and Bequest Foundation acknowledges with gratitude receipt of the sum of \$10,000. from the estate of the late Louis Greenberg of Ottawa who passed away on May 16, 1974. This is the first bequest to be received by the Foundation under the terms of a last will and testament. It will be known as "The Louis Greenberg Memorial Fund".

The late Mr. Greenberg's Will directs that the capital be held in

perpetuity and invested and that the income from the fund be used for the advancement of religion, education and the relief of poverty according to the discretion of the trustees of the Foundation.

The late Mr. Greenberg was keenly interested in all aspects of religious and communal life. The fund he left provides living testimony to his faith and ideals.

Mr. Greenberg's sons Lawrence and David, the members of his family and friends may add to the fund if they so desire.

Public meeting April 7 on prejudice in textbooks

The National Council of Jewish Women, along with its co-sponsors Algonquin College, Department of Continuing Education and the Women's Elementary Teachers Association, is pleased to announce that a public meeting on Prejudice in Textbooks will be held Monday, April 7, 1975 at 8:00 p.m., in the Public Library, 120 Metcalfe Street.

The decision to hold a meeting relating specifically to this one topic stemmed from the Council's commitment to human rights and social justice and to its involvement in International Women's Year. We firmly believe that if we ever hope to create a climate where we can encourage respect for differences in people we must begin with our young. For it is at any early age that intolerance is learned, be it at home, in the schools or in society. As textbooks tend to mirror society's values and since they also are a key transmittal agent of knowledge for children, we felt they merited our special attention.

Our overall objective is three fold. Firstly, we are seeking to improve textbooks by both eliminating prejudicial references based on race, religion, colour, sex and nationality and by encouraging our children to read with a critical eye. Secondly, we are trying to ensure that textbooks accent positive rather than negative aspects and that they are not guilty of distortion or omission. And thirdly, we are

hoping to encourage people to become more informed and more concerned about the quality of our children's textbooks.

To assist us in becoming more informed, we have arranged for five excellent panelists, each knowledgeable in his/her own field and each offering a different insight into the subject. The panelists are: Mrs. Marjorie Sarazen, an elementary school principal and President of the Elementary School Principals Association; Professor Elinor Burwell, Department of Psychology, Carleton University; Mr. W.E.P. Fleck, Director, Curriculum Development Branch, Ontario Ministry of Education; Mrs. Eva Goldenberg, National Chairman, Prejudice in Textbooks Project, National Council of Jewish Women; and Mrs. Kathleen Fraser, Education Officer, Ontario Human Rights Commission.

We are counting on your concern. Please reserve the date of our meeting, Monday, April 7. We promise a thought-provoking experience.

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the complete English/Hebrew Passover Haggadah

large-size, 8 1/2 x 11 inches, 127 pages, profusely illustrated by Podwal Foreword by Abba Eban Introduction by Theodore Bikel (Soviet Jews: the Israelites of '75)

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I RUSH me, in time for the Seder, a copy of 'Let My People Go'... a \$3.95 retail book, free with my subscription order

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Zip _____

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Jewish Community Fetes Mayor Lorry Greenberg

Almost 500 members of the Jewish community attended the Testimonial Dinner in tribute to His Worship Mayor Lorry Greenberg on his election as Mayor of the City of Ottawa on Wednesday evening, February 12 at the Jewish Community Centre. Participants included Hyman Soloway, Q.C., The Honourable Barnett Danson, Minister of Urban Affairs for Canada, His Excellency Dr. Theodor Meron, Ambassador of Israel to Canada and Rabbi Dr. Simon L. Eckstein. The musical tribute was written and presented by Simone Goldberg and Bernard Shinder and their ensemble. Norman Zagerman, President of the Jewish Community Council was chairman of the evening. Sol B. Shinder headed the Planning and Arrangements Committee. Shown with the guest of honour at the dinner from left to right are: His Excellency Dr. Theodor Meron, Cantor David Aptowitz, Norman Zagerman, The Honourable Barnett Danson, Hyman Soloway, Q.C. and Rabbi Roy D. Tanenbaum.

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THE OTTAWA JEWISH BULLETIN & REVIEW is published by the Ottawa Vaad Ha'Ir. (Jewish Community Council of Ottawa) 151 Chapel Street, Ottawa, Canada, K1N 7Y2. Abe Palmer, Immediate Past President; Norman Zagerman, President; Gilbert Greenberg, David Loch, Moe Litwack, Vice-Presidents; Joseph Ginsberg, Treasurer; Gordon Roston and Jack Fleck, Honorary Secretaries; Hy Hochberg, Executive Director.

Joseph Palmer, Editor

Editorial Committee:

Joel Olana, Hy Hochberg, Stan Levine,

Ayni Neuman, Eugene Rothman

REMEMBER THE FIRST TIME...



... you had a hand in opening that door. The door for Elijah. The door that for each family becomes a charmed passage-way on Passover night. That historic door with its two-way hinge. Opening out — to a faith and a vision of a better future. Opening in — with its welcome to the guest and the stranger.

For 3,000 years, the small, simple gesture of that open door has somehow captured the larger meaning of Passover, its celebration of Freedom. For 3,000 years, the sign on that door — written into the pages of the Haggadah — has remained unchanged. . . "Let all who are in need enter . . . and be fed . . . and he served".

Here in our community, that ancient ceremony of the open door continues . . . lives and breathes. Alive and in practice — in the most solid and down-to-earth fashion.

For holidays. As well as everyday. Here, in town — an open door of concern and service to the disadvantaged, the poor, the ill, the elderly . . . to the needs of Jewish education

and the quality of Jewish life. An open door of service that we have and must continue to extend to thousands of courageous Soviet Jews making their way to Israel, to our own shores . . . and to all of Israel's newcomers who depend on us in these critical times to see them through. An open door of welcome — that reaffirms at this holiday our family sense that Jewish need and Jewish problems are equal and interdependent in our eyes.

An open door, especially, at this time in our national life. In the face of today's troubled economic situation. An open door to the promise of Elijah . . . to our own determination that now, as never before, our community agencies and facilities — our Ottawa Jewish Community family — are here to find new resources, new means by which to better serve our community, as well as our brothers and sisters overseas.

Remember — once again as for all time — your part in that open door.

We pay attention to the everyday. And we're capable of miracles too.

WE'RE A FAMILY. WE WORK AND ACT LIKE ONE.

WE'RE THE OTTAWA UNITED JEWISH APPEAL

Beauty, Joy of Marriage is Renewed by Encounter

A couple married twelve years was selecting a new wedding ring. Looking every bit like an exuberant bride and groom, they explained that something tremendous had happened to them. Their "real marriage" was now only just beginning, and they wanted something to mark the occasion.

They had made a Marriage Encounter.

A fast growing movement, Marriage Encounter has been introduced to Ottawa by Rabbi and Mrs. Roy Tanenbaum. In it couples go off for weekends and return home "sanctified" through daily sharing.

"I believe that the purpose of Marriage Encounter is to strengthen Jewish family life. Couples find that the beauty and joy of marriage which they felt in their courtship, but which tends to dull as the years go by and as the world imprings upon their relationship, can be renewed 'as in the days of old.' The excitement of closeness can be and is being reawakened in the Encounter experience." In these words, Rabbi Tanenbaum related what happens to a couple who sincerely embarks on the Encounter weekend.

"When we say Marriage Encounter is for couples in 'good marriages,' we mean it is a marriage where the couple is getting along, they're not disenchanting with the relationship and they love one another."

said Loretta Tanenbaum. "But the 'couplesness' is kind of missing. He's doing his thing; she's doing hers. The Marriage Encounter gives this couple a second chance to look at each other with the fresh discovery they had in early courtship," she added, saying, "Basically it comes down to finding a deeper and wonderful communication."

All sharing takes place only between husband and wife. Despite the name "encounter," no personal intimacies are disclosed to strangers. There are no sensitivity sessions, no touching games, no group confrontations.

As one couple put it, "We were really up tight about exposing our marriage to others. When we learned at an Information Night that Marriage Encounter is for our marriage, not what it should be as compared with others', but what we can make of it ourselves, we decided to try it. Our weekend lived up to the promises: it did not necessitate any interaction with others, nor for that matter, to have anything in common with the others, except for the desire to make a good marriage better. Every couple can grow in their marriage."

An open Information Night on the Jewish Expression of Marriage Encounter will be held at Agudath Israel, Sunday April 13, at 7:30 p.m., at which time couples from Montreal will address the community.

Diane Loeb to Sing at N.A.C.



Diane Loeb

Mezzo soprano, Diane Loeb, who made her debut with the Jewish Community Centre Orchestra and who presented a recital of Jewish music last year will be one of the soloists at the National Arts Centre in the 10th Anniversary Gala Concert of the Ottawa Civic Symphony, Monday, April 28, 1975.

For tickets please call 745-5573.

THE YOUNG ADULTS OF OTTAWA (Ages 20-32) welcomes you.

For information about April programmes, call Ellis Solomon at 820-2065 or Marlene Magli at 728-3912.

Report from the History and Archives Committee

The History and Archives Committee is pleased to publish the following list of headings under which archival material on deposit with National Ethnic Archives may be found.

The material is available to all students and researchers with the permission of the Vaad Ha'ir. The records are not in all cases complete series, but are deposited in the Archives while the committee is actively engaged in adding material as it becomes available from within the community.

Marriage Registers — 1899 — 1946

Miscellaneous Marriage Documents — 1898 — 1937

Agudath Achim Congregation

Minutes of Meetings 1928 — 1954

Legal Documents, Financial Ledgers and Membership Lists 1902 — 1955

Correspondence 1947 — 1956

Sisterhood 1948 — 1955

Adath Jeshurun Congregation

Fragments of Original Constitution 1895

Minutes of Meeting 1892 — 1948

Dues Record Books 1904

Mortgage 1903

Correspondence and Accounts 1950 — 1956

Copy of Incorporation and Bylaws 1903

Bank Record Book 1907 — 1913

Ottawa Vaad Ha'ir

Account Books, Financial Records and Annual Committee Reports 1934 — 1947

Ottawa Vaad Hakashruth — 1953 — 1957

Associated Synagogues of Ottawa

Minute Book 1931 — 1933

Pioneer Women

First Minutes 1938

Young Judea

Herzl Group Correspondence and Minutes 1927

Canadian Friends of Hebrew University Correspondence 1948 — 1950

New Judea Forum Minutes and Correspondence 1948 — 1949

In addition there is a growing collection of photographs depicting early life in Ottawa, on deposit with the Pictura Division of the National Library.

With the help of our volunteer workers, and the co-operation of all members of the Jewish community of Ottawa, we hope to expand this ongoing project. The committee is pleased to welcome anyone who will help with this important and interesting work. Please contact Mrs. Shirley Berman at 232-7306. Mr. Sidney Green is Chairman of the History and Archives Committee.

Palestine Jewish Legion Annual Reunion May '75

In an effort to reach all veterans of the Palestine Jewish Legion of World War I, a call has been issued to all the volunteers of 1917-1918 and their surviving relatives to take part in the annual reunion and pilgrimage to Israel in May, 1975. This gathering to take place at Avi-chail, will mark the 65th Anniversary of the Zion Mule Corps as well as observe the 57th anniversary of the formation of the Jewish Legion. This event marked the first identified Jewish military unit since the days of Bar Kochba, 1900 years ago. It was the forerunner of Palmach, Hagannah and the present day Israeli Defense

Forces. For full details please communicate with William Braiterman, P.O. Box 1633, Baltimore, Md. 21203 U.S.A.

Support your local Kosher Butcher

In a recent mailing to the community and in the pages of this Bulletin, the benefits of the new Cash and Carry System worked out with Ottawa's kosher butchers have been explained. To succeed, this project needs your support!

Buy Local — Buy Cash & Carry

SCULPTURE IN GLASS EXHIBIT & SALE — APRIL 9-10

Mr. Herman Perlman, internationally renowned sculptor will be in Ottawa at Agudath Israel Congregation on April 9 and 10 with his outstanding exhibit "Sculpture in Glass". He is a unique artist who carves symbolic designs into crystal clear glass, often on Biblical topics. Mr. Perlman perfected his own technique using a fine-pointed knife and a stream of abrasive under air pressure.

After studying at the Maryland Institute of Art and the Concoran School of Art in Washington, Mr. Perlman began his professional career as a cartoonist with the Walt Disney Studios in Hollywood, moving to the Washington Post as a cartoonist. After being well established as a caricaturist, he laid down his pen to embark on a new career as a glass sculptor, a career which has brought him wide acclaim. His creations adorn houses of worship, universities and museums; his glass panels appear in the White House and in other government buildings. His portraits in glass include such prominent persons as John F. Kennedy, Albert Einstein, Martin Luther King and David Ben-Gurion.

Prepare yourself for an unusual treat. A First for Ottawa! A First for Canada! Tickets for the Wednesday evening Reception & Exhibition are \$2.50 per person. For Thursday's Exhibition there is no charge for entry.



Amy Robern wins Holocaust Essay Contest

The judges of the First Annual Holocaust Essay Contest are pleased to announce that the essay submitted by Amy Robern, daughter of Dr. and Mrs. Haskell Robern, has been unanimously selected as the best entry. In order that this prize-winning effort be shared with the entire Jewish community, the judges have requested that it be reprinted in the Ottawa Jewish Bulletin & Review. Amy's essay will also be read at the Holocaust Memorial Day observance Sunday, April 6 at Chachizel Hadas Congregation.

Soviet Jewish Children need your support



Amy Robern

THE SEARCH

by
Amy Robern
Age — 11

The first thing she did was to return home. Home. But what was home? Coming out of a concentration camp to return to her city made her feel both frightened and excited. What would she find? Who would she find?

The last summer of full happiness in 1939 had been spent with her whole family. She had a good, happy life and had never experienced loneliness or a feeling of need. She had everything she ever needed.

Those dreadful first years of the war had been awful, but in those first work camps the family had been together. This last bit of security had gone when they were sent to Auschwitz. All she could remember (even today the memory is the same) was leaving the cattle cars and walking with her son and telling him to be sure to say he was 16 even though he was just 12 years old when suddenly, there were no men near — only all the women, who could not understand how suddenly all the men had seemed to disappear.

The next several months were a black horror, and when in a blur that she could not recall in detail, the camp was liberated by the Russians, she had just one urge. Home! Find her husband and son and start to live again.

She arrived in her home town to find ruins. Her home and those of her husband's family had been destroyed. Their factories had been stripped bare, but worse, the greatest fear of all was true — there were no relatives, no family, no friends. One man, whom she hardly recognized, found her. As he spoke she remembered, he was Jack, her brother-in-law, married to her husband's older sister. He told her in urgent encouraging words that her son was alive — he swore on his life that this was so. Her husband? Jack would not answer, he kept saying, "Your son is alive, in Germany, go back there, go to Dachau." She cannot recall the details of how she made her way back to that dreaded place, to that camp. She remembers that the number on her arm seemed to open all borders, get her onto slow moving trains, and then she was in Munich. There she found the Jewish Agency Office and there they had lists of names of people who were still alive. For the first time in years she felt a flash of happiness when her son's name seemed to jump off the page to catch her eye. But where was he? The month was May and on June 5 her son would be Bar Mitzvah and she must find him before then. The Agency people could not tell her much, only that her child had been taken to a recuperation camp in Italy. Which camp, please? Where is the camp, please? Do you have a lot of camps, please? Can you take me to him, please? How do I get there by myself, please? No answers. Again, just the knowledge that her son was alive and was in Italy was all that could tell her.

Again, the blur of travelling across a war-torn Europa, travelling on slow trains, being let through border crossings because of a painted number tattooed on an arm; eating at refugee kitchens. On a train in Italy one man noticed her and went through the train taking up a cash collection for her. She could not take their money, but she still remembers their kindness, and the feeling of human warmth that began to return to her.

In Italy her problems seemed to become bigger. So many camps, such poor records, no-one seemed to know where her son was. The weeks had stretched to months — past her son's 13th birthday, when she trudged into yet another children's camp. No, no, they told her, our records are not too clear, all the children here are orphans waiting to go to Palestine. She fell into a chair as a boy came into the office to have his foot bandaged that had hurt while playing. Again, she asked the man if he could be sure that someone with her son's name was not there. The injured boy looked up with interest, "There is a boy in my bunk with that name."

She still cries a little, my grandmother, when she tells us this story of how she found my father after the war.

The Otkazniki are Soviet Jews who have consistently been refused permission to emigrate to Israel. Their children suffer also, and need your support and concern. They would like to hear from Jewish children in Canada. Please begin to write letters to these courageous children who want so desperately to live as Jews and cannot.

The following is a list of children who would like to be written to. Additional children's names will be published in forthcoming issues of the Ottawa Jewish Bulletin & Review.

Irina V. Faiermark
Moscow A-319 RSFSR
ul. Chernikovskogo 4a, kv30
Girl — Age 5

Eliyahu V. Mogilever
Leningrad, RSFSR
ul. Teiman 36/1, kv.209
Boy — Age 5
Father is a prisoner

Mark Anatolievich Novikov
Moscow E-396, RSFSR
Ariazevskaya 32/2, kv.77
Boy — Age 6

Mary Valeryovna Krizhak
Moscow 125057, RSFSR
ul. Peschanaya 8, kv.56
Girl — Age 7

Ella L. Lubarskaya
Rostov, RSFSR
Pr. Stadnek 11/143, kv.38
Girl — Age 12
Father is a prisoner

Marina Borisovna Gurevich
Irkutsk, RSFSR
ul. Dekabristy Sobity 82
kv.22
Girl — Age 10

Aleksandr M. Polotsk
Moscow, RSFSR
ul. Kalayevskaya 5/105, kv.6
Boy — Age 17

Tanya M. Agurskaya
Moscow, RSFSR
ul. Profsoyuznaya 102/5
kv.176
Girl — Age 16

Marina Viktorovna Polskaya
Moscow 111024, RSFSR
ul. Krasnozarnenaya 23
kv.62
Girl P Age 15
Arrested

Aleksandr Moiseivich Kisiluk
Leningrad, RSFSR
ul. Galikova 4, kv.209
Boy — Age 14

Here's how to address the envelopes:

USSR
Republic (as RSFSR)
City (as Moscow)
Street, House number
Last Name, First name.

Note: Please Inform Howard Ross at the Jewish Community Centre, 232-7306, of the following:

1. To whom you wrote.
2. If you receive a reply.

The Phys Ed Box

Exercise for Physical Fitness

by Nathan Schechter M.D.

Patterns of modern living have channeled the average adult into an increasingly sedentary existence. We, however, were designed and built for movement, and it is now obvious we have not adapted well to this reduced level of activity.

Regular exercise is necessary to develop and maintain an optimal level of health, performance and appearance. It can increase your physical working capacity by increasing muscle strength and endurance; by improving the function of the lungs, heart and blood vessels. Exercise also increases the flexibility of joints, and improves the efficiency and skill of movement.

In addition, for many adults with sedentary occupations, appropriate physical activity provides an outlet for job-related tensions or mental fatigue. It also aids in weight control or reduction; improves posture and increases general vitality.

Recent medical reports indicate that more active individuals have fewer heart attacks than their less active contemporaries. Furthermore, if an active individual does suffer a heart attack, it may be less severe and his chances of survival are much better than if he had been inactive. Appropriate exercise, has been shown to reduce the frequency and severity of heart attacks by improving the capacity and efficiency of the heart's blood vessels and lungs as well as favorably altering blood chemistry, such as lowering serum cholesterol, blood pressure and body weight.

What it boils down to is that the oftener the normal heart and circulatory system are required to move blood to active regions of the body, the more efficient they become. This is accomplished chiefly by improved muscular tone of the heart, an increase in its output of blood per minute, and an increase in the number of active capillaries in the lungs. Increasing periods of regular exercise improves the work of the lungs by increasing their ability to expand more fully, take in more air, and use a greater proportion of the oxygen in the inhaled air. Exercise also involves the leg muscles part of whose work is to maintain good circulation against gravity. The only way that blood moves from the veins of the legs is through the milking or squeezing action of the leg muscles on the veins. This highly important action cannot be achieved by any other means.

However, there must be guidelines in the management of

the exercising patient. Partly this is due to the fact that the people now most interested in exercise are those who have had heart attacks or those who have taken to heart the physician's advice that exercise will help reduce cholesterol levels.

Whether an individual has had a heart attack or not those individuals who wish to begin an exercise program require the following guidelines:

- (i) An initial medical examination.
- (ii) Physical fitness testing, its value and its risks.
- (iii) Contraindications and abnormal responses to exercise.
- (iv) Restrictions to be placed upon the older exercising patient.

These guidelines are important because prospective participants should be aware of the hazards associated with exercise as well as its use as a therapeutic tool. As a result of the pre-exercise test examination there will be those people who can enter an unrestricted exercise program, the chronically ill patient who may benefit from a rehabilitation program, and the patient for whom it must be minimal or is contraindicated. These distinctions must be made if the full potential of exercise as a preventive and therapeutic tool can be realized.

The role of the physician will be that of evaluation of the applicant's condition and need for exercise. Also the physician has to monitor the patient's condition during exercise and make suggestions and changes on the basis of the findings. It is not enough that patients go through a series of graduated exercises, an exercise program has to be evaluated repeatedly and changed when the response and needs of the patient require it. In other words, with all due respect to the physical educationists involved in such a program, a physician's advice is essential if the patient is to reap the full benefits of exercise.

It is not my object to scare people away from exercise, just the opposite. Although careful evaluation prior to participation in exercise programs is a necessity, most individuals can exercise without undue risk of harmful affects. However, every now and then, someone gets into serious trouble by ill-advised exercise. In many cases, nature imposes its limitations of physiological and psychological fatigue.

Dr. Nathan Schechter is President of the Jewish Community Centre

Specialty Counselors Needed for J.C.C. Day Camp

- Drama
- Dance
- Lifeguards
- Nature
- Folkdancing

— as well as —
CIT Camp Unit Head
General Counselling Staff

Apply in person to Howard Ross at the Centre or call 232-7306

COMMUNITY CALENDAR

APRIL 1 — 30, 1975

Tuesday, April 1 Passover — 6th day

U.J.A. Women's Division Canvasser Training 9:30 a.m., Social Hall, Jewish Community Centre
Watch Shalom-Ottawa 9:00 p.m. Channel 3, east end of town.

Thursday, April 3 Passover — Last day

Watch Shalom-Ottawa 8:30 p.m. Channel 3, west end of town.

Sunday, April 6 Holocaust Day

Jewish Community Centre Orchestra Rehearsal 10:00 a.m. Main Auditorium, J.C.C.*
Community Holocaust Memorial Observance 3:00 p.m. at Congregation Machzikei Hadas, 2310 Virginia Drive
Watch Shalom-Ottawa 5:00 p.m. both ends of town.
Basketball Game — Oldtimers vs. Rabbis 7:00 p.m. J.C.C. Gym.

Monday, April 7

Shalom-Ottawa Production Committee Meeting 9:45 a.m. Board Room J.C.C. *
Vaad Officers Meeting 12:15 p.m. Board Room, J.C.C.
Golden Age Club 1:30 p.m. Assembly Hall, J.C.C.
J.C.C. Choral Society 8:00 p.m. Main Auditorium*

Tuesday, April 8

U.J.A. Women's Division Canvasser Training Session — day long — in private homes
Ottawa Talmud Torah Board 8:00 p.m. Board Room J.C.C.
Ottawa Hadassah Council Meeting 8:00 p.m. Adult Lounge, J.C.C.

Wednesday, April 9

Ottawa Hadassah Council 1:30 p.m. Adult Lounge, J.C.C.
Vaad Executive Meeting 7:30 p.m. Board Room, J.C.C.
Sculpture in Glass Exhibition & Sale, by Herman Perlman 8:00 — 11:00 p.m. Agudath Israel Congregation, 1400 Coldrey Ave.
J.C.C. Camera Club 8:00 p.m. Meeting Room J.C.C.

Thursday, April 10

Sculpture in Glass by Herman Perlman Exhibition and Sale, 10:00 a.m. — 10:00 p.m. Agudath Israel Congregation, 1400 Coldrey Avenue
National Council of Jewish Women Public Meeting "Prejudice in Textbooks" 8:00 p.m. Public Library, 77 Metcalfe Street.
Temple Israel Annual Meeting 8:15 p.m. Social Hall J.C.C.

Saturday, April 12

Mizrachi Women 8:15 p.m. Social Hall, J.C.C.
Young Adults of Ottawa Spring Fling 8:30 p.m. Montefiore Club, 153 Gilmour Street

Sunday, April 13 Solidarity Day with Soviet Jewry

Modern Jewish School Assembly 9:30 a.m., Assembly Hall, J.C.C.

SUNDAY IS FAMILY DAY

Family Bowling Party, McArthur Lanes 2:00 p.m.
Soviet Jewry Committee 2:30 p.m. Board Room, J.C.C.
Jewish Marriage Experience Information Night 7:30 p.m.
Agudath Israel Congregation, 1400 Coldrey Avenue

SUNDAY NIGHT AT THE CENTRE II

Jewish Medical Ethics 8:15 p.m., Assembly Hall, J.C.C.

* Meets every week ** Meets every other week

Monday, April 14

J.C.C. Choral Society 8:00 p.m. Main Auditorium, J.C.C.
Astrology Course begins 8:30 p.m. Meeting Room J.C.C.

Tuesday, April 15

U.J.A. Women's Division 10:00 a.m. Board Room, J.C.C.
Watch Shalom-Ottawa 9:00 p.m. Channel 3, east end of town

Wednesday, April 16

Watch Shalom-Ottawa 8:30 p.m. Channel 3, west end of town

Sunday, April 20

SUNDAY IS FAMILY DAY

Horseback riding, Assembly at J.C.C. 2:00 p.m.
Watch Shalom-Ottawa 5:00 p.m. Channel 3 both ends of town.
Community Yom Ha'Atzmaut Celebration 7:30 p.m.

Monday, April 21

Young Men's Club 8:00 p.m. Social Hall, J.C.C.

Tuesday, April 22

U.J.A. Women's Division, 10:00 a.m. Board Room, J.C.C.

Wednesday, April 23

J.C.C. Camera Club 8:00 p.m. Meeting Room J.C.C.
Henrietta Wise Chapter Hadassah Sponsors opening night
Liberace concert 8:30 p.m. N.A.C. Opera

Sunday, April 27

SUNDAY IS FAMILY DAY

Lag B'Omer Field Day, Vincent Massey Park 2:00 p.m.

SUNDAY NIGHT AT THE CENTRE II

Israeli Movie Night "A Wall in Jerusalem" 8:15 p.m. Assembly Hall J.C.C.
Dedication of Abraham and Dora Lithwick Bet Hamidrash
Hillel Lodge, 125 Wurtemburg Street

Monday, April 28

National Council of Jewish Women Art Show 7:30 p.m.
Ballroom Skyline Hotel, Kent Street.

Tuesday, April 29 Lag B'Omer

Canada - Israel Committee Conference - Skyline Hotel

Wednesday, April 30

Canada-Israel Committee Conference - Skyline Hotel.
J.C.C. Officers Meeting 6:00 p.m. Board Room
J.C.C. Executive Meeting 8:00 p.m. Board Room

DAY CARE CENTRE

Would you be interested in a Day Care Centre at the Jewish Community Centre? Phona Ed Rosenthal at 232-7306

Health Club Attendant

Required: one ratlrad gantia-man for Health Club.
All enquiries should be directed to Ron Boro at 232-7306

RESERVE SUNDAY

APRIL 27

for the dedication of the

ABRAHAM AND DORA LITHWICK

BET HAMIDRASH

AT HILLEL LODGE